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The Fort Jackson Leader



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On the mark

Fort Jackson warrior competes in games

By KRIS GONZALEZ
Fort Jackson Leader

More than 200 wounded service members and veterans traveled to the U.S. Olympic Complex in Colorado Springs, Colo., May 10-14 to compete in the inaugural Warrior Games.

Among that number was one of Fort Jackson's own, who said participating in the games gave him the breakthrough for which he had been waiting since 2003.

Sgt. David Marklein, a soon-to-be medically retired military policeman and member of Fort Jackson's Warrior Transition Unit,

enlisted in the Army as an infantryman in 2002.

A year later, he was already serving his first tour in Iraq with the 1st Brigade, 1st Armored Division.

During the deployment, he became the personal driver for the brigade's command sergeant major.

While on a mission that Christmas Eve, their Humvee struck an improvised explosive device. His sergeant major was killed, and though Marklein showed no signs of external injuries, he suffered damage to his head, neck, back and eardrums.

He said he has had a headache ever since.

Though he was in pain, Marklein told no one in fear that he would be pulled out of the fight.

Marklein finished his tour, and even returned to Iraq a second time, all the while, keeping his injuries, both psychological and physical, a secret.

Marklein reclassified his military occupational specialty from infantryman to military policemen and was assigned to the 17th Military Police Detachment after he relocated to Fort Jackson in 2007.

Still dealing with symptoms of post-trau-

See WARRIOR: Page 9

In memorium



Photo by CRYSTAL LEWIS BROWN

Staff Sgt. Kevin Mintz, with the 171st Infantry Brigade, escorts John Testruth, a former commander of the local chapter of the Military Order of the Purple Heart, to place the organization's wreath beneath the flag pole during the post's annual Memorial Day observance May 31 in front of Post Headquarters.

Museum showcases military excellence

I am a firm believer in the benefits of becoming familiar with history, particularly military history. History not only gives us a baseline or benchmark to help us understand where we are today, but it also sharpens and deepens our awareness, insight, empathy and logic as it enhances and expands our comprehension and decision-making capabilities.

I believe that military history also has a way of reinforcing our resilience, especially when we revisit stories of courage and sacrifice. There are perhaps no greater military stories than those associated with our Medal of Honor recipients. To borrow the words of former president John F. Kennedy: "A nation reveals itself not only by the men it produces but also by the men it honors, the men it remembers."

Next week, on June 9 to be exact, an area of housing will be become known as Mabry Manor. This section will be named after the late Maj. Gen. George L. Mabry, a Sumter, S.C., native who received the Medal of Honor for his heroic actions in a World War II battle in Germany. His story is one of risking his life in leading a battalion charge, avoiding mines and automatic weapon fire. The story epitomizes courage, like all the stories of all of our Medal of Honor recipients, a few of whom may be attending the Mabry ceremony.

One of the greatest benefits in my military career is

BRIG. GEN. BRADLEY W. MAY

*Fort Jackson
Commanding
General*



having had the great fortune to meet a few Medal of Honor recipients. I am so thankful for that because their experiences have been inspirational, to say the least.

One of the most recognizable recipients in the Midlands area has been Columbia resident, retired Col. Charles P. Murray, who continues to show tremendous support for Fort Jackson by attending many of our functions. Retired Master Sgt. John F. Baker, a hero in Vietnam, also resides in the Midlands, and has shown his support for Fort Jackson. Let's not forget that retired Marines Maj. Gen. James E. Livingston, another South Carolina resident, is also a Medal of Honor recipient for his heroic actions in Vietnam.

There have been a total of 3,449 recipients in the roughly 150 years of the medal's history. And the history

of each recipient is worth visiting, particularly for those of you who wear the uniform.

If you have not done so, I would highly suggest a drive to Charleston and a visit to the Medal of Honor Museum, which is located on the hangar deck of the USS Yorktown at Patriot's Point.

The museum is operated by the Medal of Honor Society, which is a not-for-profit organization that was formed in 1958 during President Dwight D. Eisenhower's final years in office. By the way, do you know that the first recipient of the medal earned the award for his actions during the "The Great Locomotive Chase," which took place some 150 years ago?

Or do you know that to date there have been 87 African-American recipients of the Medal of Honor, 41 Hispanic-American recipients, 31 Asian-American recipients, 22 Native-American recipients, but only one female recipient? Do you know who the lone woman to have received the Medal of Honor was and why?

This is just a sampling of some of the interesting and inspiring facts surrounding the nation's highest military award for valor in combat. As I said, a visit to the museum is definitely worth your while. It's time well-spent when a Soldier visits military history, considering that he or she is in the process of becoming part of it.

Army Strong!

The Fort Jackson **Leader**

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Ask the garrison commander about:

Joint assignment for couples

My spouse and I are both currently in Advanced Individual Training. What must we do to ensure we are stationed together after graduation?



Couples who want a joint assignment to establish a common household must request such an assignment by enrolling in the Married Army Couples Program. Application for enrollment must be submitted not later than 30 days from the date of marriage.

Soldiers who marry during or after AIT and have not proceeded to their first unit of assignment and who want a joint domicile will be enrolled in the MACP. Once enrolled, the Soldiers will be automatically provided joint domicile assignment consideration prior to completion of training. Both Soldiers must apply unless they are both attending AIT at the same location (both signatures required).

If both Soldiers are in AIT, they will be considered for assignment to the same area. If one spouse has an enlistment commitment for a specific location (unit or station), both Soldiers will be assigned to that location, if possible. If the Soldiers have enlistment commitments for different locations, one spouse (in some instances both) must waive the commitment in order for them to be assigned together.

Soldiers will be retained in AIT pending the outcome of joint domicile requests. Soldiers will not be retrained to accommodate a joint domicile request.

My husband is retired military and our grandchildren are coming to visit us this summer. We would like to put

COL. LILLIAN A. DIXON

*Fort Jackson
Garrison
Commander*



them in some of the programs we see on Fort Jackson for military children. Where and how do we register?

You must have power of attorney or guardianship over your grandchildren for them to participate in Child, Youth and School Services programs. Take the POA or guardianship papers, along with your grandchildren's up-to-date shot records, your most recent leave and earnings statement and a copy of their annual physical to the Parent Central Services Office at 3392 Magruder Ave. You may then enroll your grandchildren in CYSS summer programs if there is space available. Call for an appointment to register at 751-4865.

FACT OF THE WEEK

In 1970, 2.2 million or 3.2 percent of American children lived in a household maintained by a grandparent. In 1997, this figure rose to 3.9 million or 5.5 percent, representing a 76 percent increase over the 27 year period. Currently, 1.4 million children, or almost 1 in 20, live in a household headed by their grandparents with no parent present.

To submit questions for the "Ask the Garrison Commander," e-mail Scott.Nahrwold@us.army.mil.

Chaplain school changes command

Chaplain (Col.) Smartt takes reins at school

By **JULIA SIMPKINS**
USACHS Public Affairs

The U.S. Army Chaplains Center and School has a new leader.

Chaplain (Col.) David Smartt took the reins from retiring Chaplain (Col.) Samuel Boone May 26 at the Solomon Center.

Born and raised in Jacksonville, Fla., Smartt joined the Army in 1982, when he was commissioned as a second lieutenant. He is endorsed by the Church of God.

Smartt has held a variety of posts, most recently as command chaplain for IMCOM.

Smartt said his wish for USACHCS is to continue to provide “world class education” to Soldiers and families.

“It’s important that we never stop learning,” he said. “Lifelong learning for me is very important. It keeps us



BOONE

said he wants his staff to be actively involved in the military community.

“We want to be an important part of the community. We are one of three chaplains’ schools here and we want to work in a unified way to support the community,” he said.

He also said he’s thrilled to be part of the Fort Jackson community.

“I tried to get here back in 1997. Now that I’m here I want to participate in religious activities in Columbia.”

Julia.Simpkins@us.army.mil

active and relevant. One of my goals is that we continue to learn and will produce chaplains and chaplain assistants who are ready at optimal levels to provide religious support at the command level.”

With that thought, he said, “I like our motto, ‘Religious Support Starts Here.’”

In addition to providing Soldiers education, Smartt



Photo by JULIA SIMPKINS, USACHCS

Chaplain (Col.) David Smartt takes the guidon during a change of command ceremony May 26.



Taking the guidon

Col. David Bushey, left, takes the guidon from Maj. Gen. Michael Bednarek as he assumes command of the 157th Infantry Brigade. Bushey takes over for Col. Timothy Vuono, who served as the brigade commander since 2008. Vuono will go on to serve as division chief, J-5, at the Pentagon. Bushey’s most recent assignment was as the TRADOC capabilities manager, Future Combat Systems, Fort Bliss, Texas.

Photo by KRIS GONZALEZ



Watch Fort Jackson videos at
<http://www.vimeo.com/user3022628>

Pinckney students take ultimate D.A.R.E.

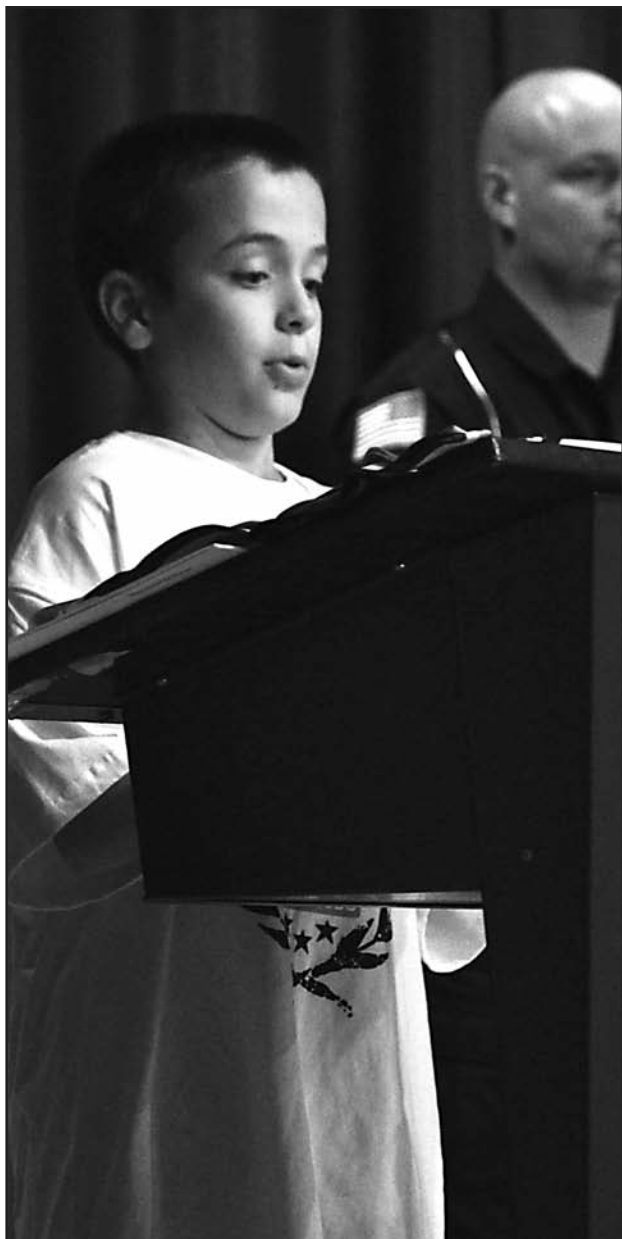


Photo by CRYSTAL LEWIS BROWN

Fifth-grader Coby Hoosier reads his first-place essay to his classmates during a ceremony May 28. Hoosier shared several facts he learned from the D.A.R.E. program, which are reasons he says he will abstain from drugs and alcohol.

By KRIS GONZALEZ
Fort Jackson Leader

Fort Jackson fifth graders “dare” to be drug and violence free.

Forty-five students of C.C. Pinckney’s fifth grade classes vowed not to become involved with drugs, gangs and violence as they graduated from Fort Jackson’s D.A.R.E. program Friday during a ceremony in the school’s auditorium.

In addition to receiving graduation certificates, D.A.R.E. T-shirts and goodies-stuffed book bags, three graduates were honored for winning the class essay contest, in which each student wrote about what he or she learned during the eight-month program.

Coby Hoosier, first-place winner, read his essay aloud to the graduating class.

Ashley Jenkins and Danielle Helfman, were named second and third place winners, respectively.

Richland County Sheriff Leon Lott told the “graduating” students that the D.A.R.E. T-shirts signified their role in educating younger children about staying away from drugs.

“You learned about different tools that can keep you safe,” he said. “Some are hard decisions that can impact your health. That T-shirt represents what you have accomplished. You are a role model (now).”

D.A.R.E., which stands for Drug Abuse Resistance Education, is a curriculum-based series of classroom lessons taught by police officers specifically trained to work with young children, empowering them with life skills that help them stay safe, counter negative peer pressure and make positive contributions to society, said Debbie Wofford, a counselor at C.C. Pinckney.

“This seems to be a transition age before middle school when students will be exposed to the possibility of experimenting with smoking or drinking with their peers,” Wofford said. “It is also an age when they are more likely to be out on their own, so they need to be safe and know who they can go to if they feel they are in danger.”



JENKINS



HELFMAN

Wofford said children who become involved in smoking, drinking or doing drugs, do it more often because they don’t feel good about themselves or don’t feel they belong to a group.

She said military children, who are transient, can be especially susceptible to succumbing to peer pressure in order to fit in.

“Military children travel all over the world and need to be ready and have coping skills with them to make the best decisions,” Wofford said. “D.A.R.E. does an excellent job helping these kids learn about negative and positive peer pressure.”

Wofford assists lead instructor, Lionel Brown, a DA police officer at Fort Jackson, in facilitating the program, in which officers engage students through interactive discussions, role-playing sessions, workbooks, videos, and games to encourage them to take a personal stake in their own health and well-being, she said.

Brown said he was impressed with how much the children learned, something he said was evident in the essays they received.

“I really was very impressed with it; it really, truly let me know that they learned from the program,” he said.

Brown added that the program was not just about teaching children to stay away from drugs and alcohol.

“I really think it teaches our young people to be more responsible,” he said. “Are they going to always make the right decisions? No. But it’s never too early for them to start to make good, responsible decisions.”

Wofford shared a similar sentiment.

“The D.A.R.E program gets the kids involved in role-playing real-life situations where they have to make choices about if they are going to smoke with their friends, go to a party and drink, and similar situations,” she continued. “D.A.R.E helps them develop coping skills, problem solving skills, decision making skills, and life skills to take with them in life so they can make good choices and be successful.”

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Army tests smart phones for offices, battlefield

By CHONDRA PERRY
Army News Service

WASHINGTON — The Army is considering the use of smart phones in an effort to increase effectiveness and efficiency in both the administrative and operational environments.

“Connecting Soldiers to Digital Applications” is a two-phase initiative with about eight pilots that are designed to determine the value of using commercial smart phone technology in administrative tasks and tactical operations.

“We want to determine if there is value added (with the use of smart phones) in doing administrative tasks and for delivering training content to our Soldiers,” said Ed Mazzanti, deputy director of requirements integration within the Army Capabilities Integration Center.

Phase One of CSDA is focused on as-

sessing the value of using smart phones for administrative tasks using digitized training content modules in the form of instructional videos, games, presentations and interactive instruction.

“The big effort right now is to see how much of the training content we currently have in digitized form can we make useful on a smart phone screen,” Mazzanti said.

Phase Two of CSDA is the tactical employment of the smart phones to determine if they are useful in an operational environment.

“...There is a lot of utility...that could be brought together in some very useful ways for the Army in a tactical environment,” Mazzanti said.

A large part of Phase Two will be focused on ensuring that the device is secure.

A secure phone in a field environment would mean the ability to use the phone’s display to provide Soldiers an easy way to report enemy activity, send intelligence re-

ports or to provide Soldiers with live video, said Mazzanti.

“There is just any number of ways that we might be able to use the smart phone technology if we can make it operate in a secure manner and if we can generate an expeditionary cellular network that we can move on the battlefield with us,” he said.

One of the benefits of having a smart phone is the ability to use cell phone applications to perform functions unrelated to making a call. Phase One and Phase Two of CSDA will consider the value of using cell-phone applications as a means to increase effectiveness.

“We can envision that there may be a lot of apps that either we will develop inside the Army or that others might develop for us that have utility for assisting in the execution of military tasks,” Mazzanti said.

“Apps for the Army” is an example of the type of incentive that we want to use to get Soldiers involved in developing training

content and applications, said Mazzanti.

“Nobody has better ideas on how to make the smart phones useful than the Soldiers themselves,” he said. “They can envision things that somebody sitting at a desk might not think of.”

“Apps for the Army” is a competition announced by the Army chief information officer in which Soldiers and Department of the Army civilians are demonstrating their software development skills by submitting applications that can add to the Army’s current capabilities. Design winners will be recognized in August at the LandWarNet Conference and receive a portion of a cash pool totaling about \$30,000.

There are also plans to implement college courses to teach information management Soldiers at Fort Gordon, Ga., the skills to be able to write applications for smart phones, Mazzanti said.

Chondra Perry is with Brooke Medical Center Public Affairs.

Housing Happenings

COMMUNITY UPDATE

❑ A single Soldier town hall meeting is scheduled for 5:30 p.m., June 21 at the Solomon Center. Installation representatives will be there to answer questions, resolve issues and assist single Soldiers where possible. Single Soldiers living on post are encouraged to attend.

❑ A power outage is scheduled from 9 a.m. to noon, Tuesday in the family housing area.

❑ Residents are encouraged to conserve energy by turning off their porch and patio lights during the day.

❑ Vacation services for residents are now available. Services include plant watering inside and outside and pet care (for no more than two days). Balfour Beatty Communities can also retrieve mail and hold it at the Community Center. For more information, call 738-8275.

❑ Gift wrapping services are now available for residents at the Community Center. Residents can either use the gift wrapping station themselves or drop off the gift and have it wrapped by staff members. Wrapped gifts can be delivered to the home or picked up.

DEVELOPMENT UPDATE

❑ To date, 132 homes have been completed.

❑ Road closures are expected on Brown Ave. this week.

❑ Asbestos testing is complete on many Phase II homes and demolition is scheduled to begin shortly. Balfour Beatty Communities will ensure that proper environmental procedures are used to comply with state environmental requirements for handling.

CMS Corner

The Customer Management System at Fort Jackson is a three-tiered feedback system established to determine the satisfaction of those who work, train, live and play on the installation.

CMS includes the Interactive Customer Evaluation system, Community FIRST/AFAP and Customer Service Assessments. This feedback enables the garrison to focus on specific actions aimed at improving customers' experiences of post services.

A complete list of Community FIRST issues can be found at <http://www.jackson.army.mil/WellBeing/wellbeing.htm>. New issues may be submitted on the site as well, by clicking on "Submit an Issue or Recommendation" or on the Community FIRST/AFAP Logo.

Whether it affects individuals and constituent groups at the installation level or throughout the Army, feedback is important.

Become a friend of CMS on Facebook by logging on to www.facebook.com. Search for CMS Fort Jackson.

"Let your voice be heard!"

Post gets new numbers

Dialing system set to change June 18

From the Network Enterprise Center

If you use a telephone for talking, then your fingers will have to do a little more walking beginning June 18 as Fort Jackson's official government telephone service migrates to a new dialing system.

The 5-digit dialing shortcut, which allows a caller to dial the number 4 before the suffix of an on-post telephone number, will no longer be operational starting after close of business hours June 17.

When Fort Jackson community members return to work the following morning, they will be required to dial the "751" prefix for all calls on post.

"That means customers will have to re-program their speed dial and will also have to dial seven digits when they transfer calls or call voicemail," said Kathy Hayes, chief, Service Management Division, U.S. Army Signal Network Enterprise Center-Fort Jackson.

The new dialing system will also require callers to dial the following new prefixes before dialing off post: 94 for DSN num-

bers; 99 for local calls; and 97 before dialing 1 to call long distance.

The changes to Fort Jackson's dialing system stems from a larger infrastructure modernization program initiated by the Department of Defense's Defense Information Systems Agency called the Worldwide Numbering and Dialing Plan. The U.S. Army Network Enterprise Technology Command, or NETCOM, is in charge of implementing the WWNDP standards throughout the Army.

"Fort Jackson's (system) is not the first to be implemented, and it is not the last," Hayes said. "This is a worldwide fielding effort, so all military installations around the globe will be changed in the same manner."

"This DISA directed dialing plan change is designed to set a standard for dialing access across all military installations, and is just one of those upgrades that we have to accomplish," said Ron Rice, site manager for Fort Jackson's telephone service. "Most of the changes that have either been done, or that are going to be done, are seamless to the customers."

But old habits are hard to break, said Jesus Rosa Velez, Fort Jackson NEC director, so as the convenience of 5-digit dialing

NEW DIALING BASICS

On-post dialing: 751-XXXX
Fort Jackson DSN: 94-734-XXXX
Local dialing: 99-XXX-XXXX
Long distance: 97-1 (area code)
XXX-XXXX

comes to an end, he suggests callers be mindful and patient.

"People need to talk about it, think about all the places where phone numbers are listed and published, and prepare to update that information," Rosa Velez said. "They also need to raise their issues with the Fort Jackson NEC desk and facilitate the change when they hear a co-worker say 'My phone doesn't work.'"

To help customers prepare for the changes, the NEC began distributing stick-on quick-reference labels for telephones this week to all post organizations. The labels are now available at their help desk located at 4282 Jackson Blvd.

For more information, contact the FJ-NEC at 751-3646.

Leader reporter Kris Gonzalez contributed to this report.



Up, up and away

Latisha Krings, 8, launches a handmade rocket with the help of Thomas Prigel, educational technician, May 27 behind C.C. Pinckney Elementary School. Krings and fellow students in Annette Francis' second-grade class designed, built and decorated their water-powered rockets, made out of recycled bottles, to demonstrate what they learned in class about motion and aerodynamics.

Photo by KRIS GONZALEZ



Article submissions are due two weeks before publication. For example, an article for the June 17 *Leader* must be submitted by today.

Announcements are due one week before publication.

For example, an announcement for the June 17 *Leader* must be submitted by June 10.

Reservists focus on resilience training

By SGT. 1ST CLASS MARK BELL
81st Regional Support Command

Teaching Army Reserve Soldiers how to get ahead of their problems and lead a healthy lifestyle on and off duty has been the theme for the 81st Regional Support Command since March when it began the unit's Comprehensive Soldier Fitness program.

Maj. Gen. Bill Gerety, the 81st RSC commanding general, and Command Sgt. Maj. Luis Blanco, the senior enlisted "Wildcat" Soldier, have made sure recent battle assemblies and annual training time have been devoted to ensuring that Soldiers have the right tools and information to implement positive changes in their lives.

"Our No. 1 goal is to ensure that our team walks away with a virtual toolbox full of items they can use to succeed in life," Blanco said. "The commander and I want to ensure that we take care of our Soldiers and their families."

Master Sergeants Terry Mahone and Denise Underwood, both master resilience trainers, used interactive-instructional techniques, which allowed participants to actively engage in group discussions.

Providing an interactive-learning environment is a key component to success, said Mahone.

"We want our team to be well adjusted emotionally, physically, socially, spiritually and have a strong family foundation," Mahone said. "Our goal is to produce resilient Soldiers who can bounce back from adverse situations and not break."

"Everyone has problems," he said. "We

have to recognize how to address them."

The mandatory resilience training was implemented Armywide from basic-level instruction in Army Basic Training to advanced resilience training at the War College level.

The training was set as a high priority by Gen. George W. Casey Jr., chief of staff of the Army.

Blanco said the Army Reserve is the greatest military force in the world.

"No one can go toe-to-toe with our citizen warriors," Blanco said about the Soldiers who are typically on military duty one weekend a month and several weeks throughout the year. "We ask a tremendous amount of the men and women who wear the uniform part time, and have deployed as much as their active-duty counterparts."

No one is perfect and everyone has issues they need to work through, Blanco said.

"I will admit I have faults, and I learned a tremendous amount of skills that I can put into my back pocket and pull out when needed," he said about the training. "Both NCO instructors surpassed all my goals for their training. I hope we can take the lead and set the standard for future Comprehensive Soldier Fitness training in the Army Reserve."

Underwood said the Army has created this important program because it is committed to improving lives and maximizing Soldiers' potential.

"I hope that Soldiers take away from this training a spirit of excellence and the desire to do better and to strive to be better," she said.

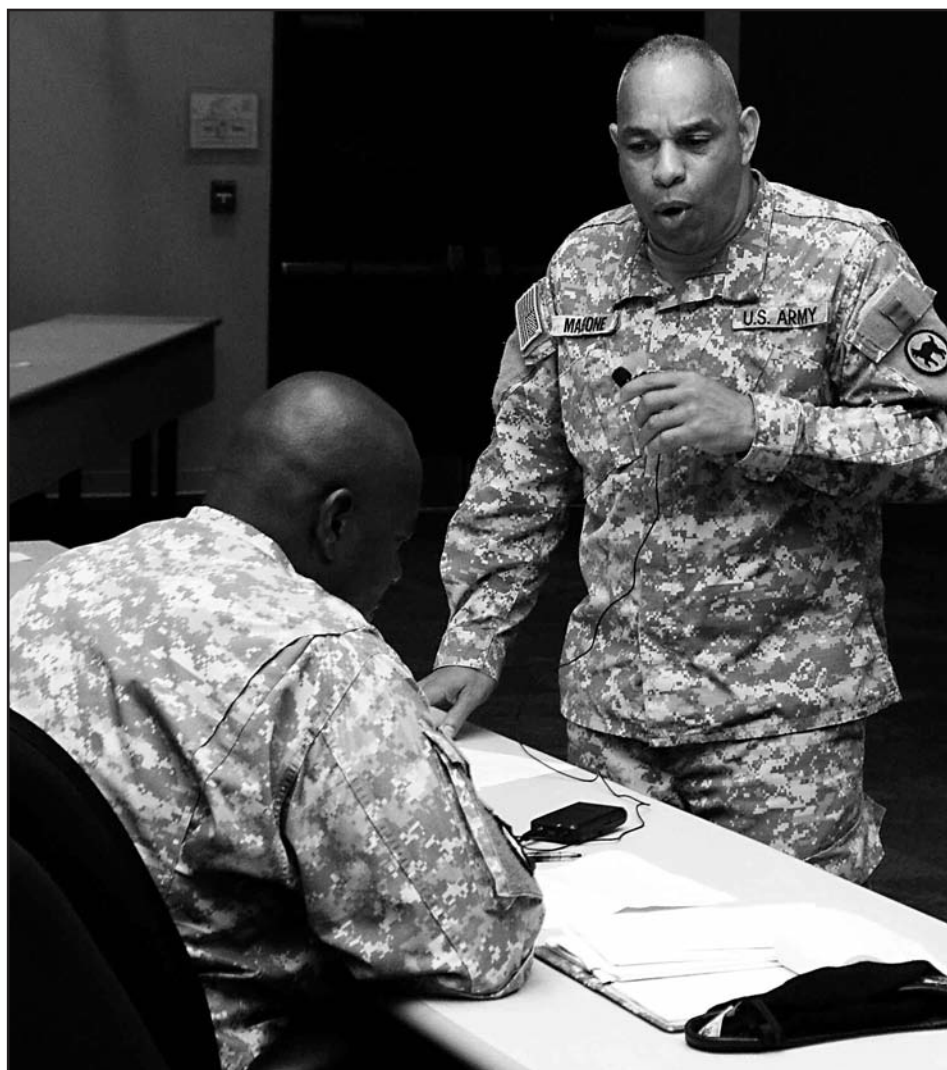


Photo by SGT. 1ST CLASS MARK BELL, 81st RSC

Master Sgt. Terry Mahone, a master resilience trainer, talks through a scenario with Wildcat Soldiers assigned to the 81st Regional Support Command during the Comprehensive Soldier Fitness program held recently at a battle assembly on Fort Jackson.

On the ICE

Ari Alvarez, 81st Regional Support Command Health Services branch chief, navigates the Interactive Customer Evaluation, or ICE, system. The 81st RSC recently signed on to the system, which allows customers to provide unit staff with feedback and comments. To comment, log on to <http://ice.disa.mil> and select the unit.

Courtesy photo



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Photo by RAY ARREDONDO, U.S. Army Marksmanship Unit, Fort Benning, Ga.

Sgt. David Marklein, Fort Jackson Warrior Transition Unit, practices firing an air pistol during training at Fort Benning, Ga. just weeks prior to competing in the inaugural Warrior Games.

Warrior shoots for success

Continued from Page 1

matic stress disorder and traumatic brain injury, yet undiagnosed, Marklein continued to cope on his own, until suffering the loss of his brother to suicide, and an altercation with his former first sergeant, forced him to get help.

When his PTSD and TBI were finally diagnosed, he thought he was losing his identity.

“I had gotten to that point where being a Soldier wasn’t just a job,” Marklein said. “It was who I was. The idea of never getting to lead Soldiers again was like a loss, and I had already lost enough.”

Marklein said that like many wounded Soldiers who first come to a WTU, he focused on his disabilities and forgot the things he was actually capable of doing.

“It took an emotional toll on me. It discouraged me,” Marklein said. “It made it difficult to find motivation.”

Until one day, his first sergeant presented him with the antidote for that, he said — an invitation to competitive sports.

The Warrior Games offers Soldiers with physical and psychological wounds an opportunity to build up their confidence and a chance to connect with comrades-in-arms.

Although he initially signed up to compete in the air rifle event, just six weeks prior to the games, Marklein found out he would be competing in the air pistol shooting and sitting volleyball competitions.

Soon after, he traveled to Fort Benning, Ga., to learn to become an expert at firing an air pistol.

Marklein, who said he had been shooting rifles since boyhood, said it was “amazingly difficult” for him to learn how to fire an Olympic-style air pistol using only one hand, no support allowed, at targets 10 meters away and not much bigger than the pellets coming out of it.

“It’s not just pulling the trigger,” Marklein said. “It’s the precision of it. To command it, you have to calm down, you have to focus. It requires a lot concentration. There’s a lot of technique involved.”

When Marklein arrived for training, pistol coach Ray Arredondo noticed him right away.

“He stood out in the group of pistol shooters because he was taller than most,” Arredondo said.

“But I found out pretty quickly that his height was the least of his attributes as a pistol shooting athlete.”

Marklein practiced every day and by the time he traveled to Colorado to compete, he had become one of the top shooters in his group.

“I was ready,” Marklein said. “And I was highly confident. I was feeling great about shooting.”

But during the competition something unexpected happened. For someone suffering with PTSD, as Marklein is, one might expect that the sounds of weapons firing might trigger a symptom.

But it wasn’t the noise that did it for him. While he was shooting, someone touched Marklein from behind — something he said he wasn’t expecting.

“I felt a jolt of adrenaline surge through my body,” Marklein said. “I became angry. My hand was shaking. But something miraculous also happened.

“For the very first time that I’ve been dealing with PTSD, I was able to keep it under control,” he said. “Usually when I get that way, I normally stop what I’m doing or separate myself from the situation — go be alone to calm down.

“And I was tempted,” he continued. “I really just wanted to walk away. I wanted to get out of there. But I stayed, and I continued the task to completion. (The PTSD) didn’t completely control me this time.

Marklein subconsciously had used acquired shooting techniques — slowing down his breathing, calming his body and focusing — to overcome the power of his PTSD.

“In therapy we talk about stuff, but it’s just talk,” he said. “You think, ‘How do you apply this in the real world? How do you apply that when someone cuts you off in traffic?’ But when you experience (coping mechanisms actually) working, it’s pretty amazing.”

It was a feat he had not been able to accomplish since that first IED explosion in 2003.

He said he has yet to master to it, but he is excited with the prospect that sports are helping him get his life back — not the same life as before, but maybe even a better one.

“I’m feeling lucky I’ve had the chance to go (to the games),” Marklein said. “The experience has opened my eyes up to a whole new world. It’s no longer all about overcoming disabilities. It’s about seeking out abilities — finding out what I am able to do.”

Kris.Gonzalez@us.army.mil

News and notes

HOUSING SIGN UNVEILED

An unveiling ceremony for Mabry Manor is scheduled for 10:30 a.m., Wednesday at the intersection of Semmes and Pershing roads. This area of housing comprises newly constructed homes for general officers and other senior officers. The ceremony is a tribute to Medal of Honor recipient Maj. Gen. George L. Mabry Jr. Portions of Semmes Road will be closed for the event.

AAFES HOSTS FREE MOVIE SCREENING

A free advanced screening of the movie, “Splice,” is scheduled for 6 p.m., today at the Post Theater. Tickets will not be distributed in advanced. Doors open at 5 p.m., and seats will be given on a first come, first served basis. The movie, which is rated R, opens nationwide Friday.

ROAD RESURFACING UNDER WAY

Road resurfacing work has begun for Magruder Avenue, Anderson Street and Washington Road. Work is expected to be completed within 30 days. Work on Magruder began at Sumter Avenue and will progress almost to Strom Thurmond Boulevard. Work on Anderson Street and Washington Road will begin at Magruder and progress to Crockett Street. Road work on Dixie Road, which affects Boyden Arbor and Wildcat roads, is also under way. Drivers should expect temporary delays and single-land blockage during this time.



June 3 — 2 p.m.		
Oceans	G	84 min.
June 3 — 6 p.m.		
Splice	R	104 min.
June 4 — 6 p.m.		
Death at a Funeral	R	90 min.
June 5 — 4 p.m.		
The Losers	PG-13	98 min.
June 6 — 4 p.m.		
Death at a Funeral	R	90 min.
June 10 — 2 p.m.		
The Losers	PG-13	98 min.
June 10 — 5 p.m.		
Death at a Funeral	R	90 min.

Fort Jackson Reel Time Theater
(803) 751-7488
Closed Monday, Tuesday and Wednesday

Ticket admission
ADULTS \$4
CHILDREN (12 and younger) \$2
Visit aafes.com for listings

LEADER ON SOCIAL MEDIA

Are you interested in knowing what’s going on at Fort Jackson? Follow us on Twitter at www.Twitter.com/FortJacksonPAO. “Like” us on Facebook by visiting <http://bit.ly/10gj2x>.

Young moms sometimes have to wing it

Books and toys? Check. Juice and snacks? Packed. Extra diapers? Stashed. Ear drops? Ready. Six hours before a recent flight to Mississippi, it seemed as though everything was ready to go. But as any parent of toddlers can likely attest, my prior planning did little to calm my nerves.

My husband and I had flown with our little one before, when he was a tiny, quiet bundle who could be easily satisfied with a pacifier. Since then, however, he has become a ball of energy, singing songs and yelling at the most inopportune times, with a preference for running freely as opposed to being held by Mom or Dad. And that energy was what I feared most.

Upon entering the plane (we were the last scheduled passengers to board, and we rushed on right as the gate attendants threatened to give our seats up to stand-by passengers), one woman looked at our son and remarked, "Oh! He's awake!"

And though she made no further comment, I knew exactly what she meant. P.C., or pre-child, I was the one who stared suspiciously at children who dared accompany their parents on a flight. The crying, the kicked seats, the yelling — though I rarely encountered it, I always feared it. And I always spared a piteous glance at the poor sap holding the squirming toddler, whispering in vain for the child to shush. That day, my husband and I were those poor saps.

I was afraid of what people would think. I was afraid

CRYSTAL CLEAR

By **CRYSTAL LEWIS BROWN**
Fort Jackson Leader



that despite the entertainment I'd brought aboard — books, vibrating teether and a kiddie "radio" — it wouldn't be enough to tire the kid enough for him to sleep through the entire flight.

I was right to be afraid.

Tucked safely in Dad's lap in the window seat, the take off went better than expected. Dad made the requisite airplane noises while I silently prayed the ear drops would take effect despite my not having put them in an hour before the flight.

But 45 minutes or so into the flight, the books had been thrown down, snacks had been rebuffed and the radio was uninteresting. On top of that, his diaper needed to be changed. And that's how I found myself in a cramped bathroom, wrestling a 22-pound toddler into his diaper while fighting the turbulence that, of course, picked up once I shut the bathroom door. Fifteen minutes

later, I emerged from the bathroom — beads of sweat dotting my brow — only to find the path to my seat blocked by the drink cart.

After another 10 minutes spent in the bathroom waiting for the drink cart to make its way back down the aisle, we eventually made our way back to our seats, swaying all the way. And eventually, he did fall asleep.

Upon touching down in Mississippi, I was surprised to hear our fellow passengers say those four words that I think can put a smile on any parent's face: "What a good baby."

And I realized that for all of my worrying, all of my stress and all of my planning, my fellow passengers understood that a baby is a baby. That as difficult it may be for adults to sit still in a cramped aluminum box, it is even more so for those of the sippy cup set. As much as I feared a tantrum at 20,000 feet, I realized that hey, sometimes those things happen.

And as annoying as it may be for the other passengers, being the parent of that toddler is stressful enough without having to worry about offending people whom you may never again meet.

But despite my newfound outlook, I have a confession: On the flight back home, as he drifted to sleep, I breathed a sigh of relief. And then I joined him.

Editor's note: Crystal Lewis Brown is editor of the Fort Jackson Leader and an Army spouse of five years.

Family Happenings

FAMILY MOVIE DAY

Sundays are Family Movie Day at the Fort Jackson Theater. For \$25, receive admission for two children and two adults, two large orders of popcorn and four medium drinks.

PLAYGROUP

Join other parents and their children, at Playgroup, 10-11:45 a.m., every Monday, Wednesday and Friday, at 5615 Hood St., Room 8. An evening playgroup for Soldiers and their children is scheduled for 5-6:30 p.m., Wednesday. Call 751-5256 for information.

WALKING GROUP

Join other parents and children at the Columbia Place Mall Food Court for the Stroll Along Walking Group 10 a.m. to noon, every Tuesday. Call 751-5256 or e-mail fjackson_acs@conus.army.mil for information.

PARENTS' NIGHT OUT

Need a night off? Don't forget to take advantage of the Parents' Night Out program at Hood Street Child Development Center. Children must be registered with Child, Youth and School Services to participate. Orientation is required prior to scheduling

care. Call 751-1970/1972 to schedule an orientation.

SPANISH PLAYGROUP

The Spanish Support Group/Playgroup meets the last Thursday of the month at 5615 Hood St., Room 8. E-mail jest143@univision.com or lizperlataina@yahoo.com for information.

4-H CLUB

The 4-H Club (for first through fifth graders) meets 4-5 p.m., every Wednesday at the Youth Center. Call 751-1136 for information.



Missed an issue of the paper?
Catch up on your Fort Jackson news with Victory Updates at
<http://www.vimeo.com/user3022628>

No Names Needed

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End of an era at 369th school

Instructor to retire after 50 years of federal service

By **SUSANNE KAPPLER**
Fort Jackson Leader

A lot has changed in the almost 30 years that Melvin McDill has been an instructor with the 369th Adjutant General Battalion. Typewriters have been replaced by computers, blackboards have been replaced by projector screens and the Soldiers he trains are no longer classified as administrative specialists, but rather human resource specialists.

McDill will retire at the end of the month after 50 years of federal service, including 21 years in the Army. In 1958, he enlisted as a documentary photographer — a job in which he was embedded in various units to take pictures and film of their missions.

During one such assignment in Grafenwoehr, Germany, McDill met Elvis Presley, who served in the Army at the time.

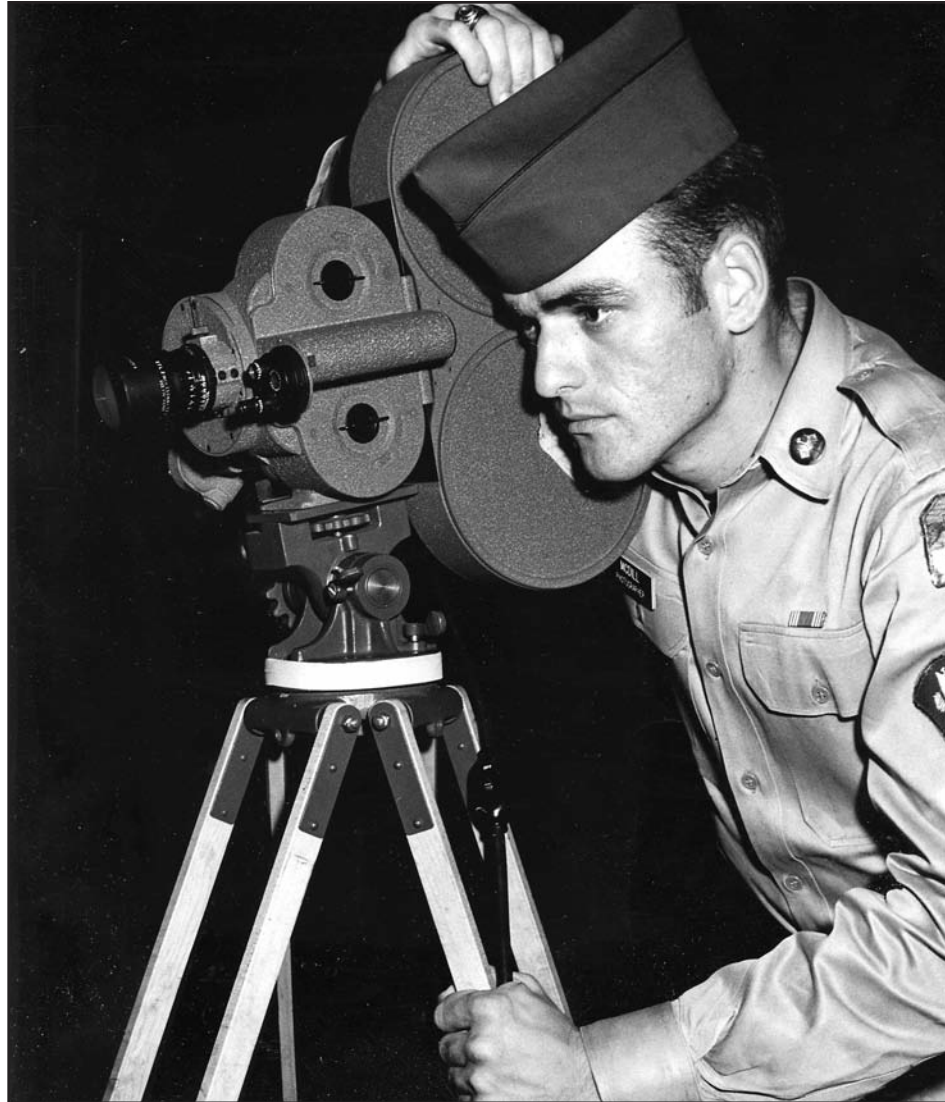
“He was a pretty nice guy,” McDill remembered. “It was a couple of weeks before Christmas and he was sitting in a jeep. ... And all these kids were around. He had two crates of fruit in the back of the jeep. He gave (the children) fruit and candy for Christmas.”

After a stint as a recruiter, McDill reclassified as an administrative specialist, which ultimately led to his civilian job as an instructor with the 369th.

“People ask me, Soldiers ask me, ‘What was the Army like in your time?’ Well, you’d have to focus on what society was like back then as compared to now before you compare how the Army was,” he said.

McDill said that many people today have different values than when he was a young man. Despite those differences, he said he remained passionate about teaching young Soldiers.

“I like Soldiers,” he said. “They’re the



Courtesy photo

Melvin McDill, pictured here in 1963, was stationed on Fort Jackson as a documentary photographer. He later became an administrative specialist.

only people between us and somebody else’s army trying to put flags up our poles.”

His supervisor, Bennie Evans, said that McDill was a special instructor who had the ability to inspire the Soldiers in Advanced Individual Training.

“He took the time and patience to do that,” Evans said. “He spent his own personal time to work with Soldiers. He had the unique ability to take a complex task and break it down into little segments ... and then, at the end, put all the pieces together.”

For Evans, McDill’s retirement symbolizes the end of an era, he said. McDill is the last instructor of his generation to retire from the 369th.

“He’s a special person,” Evans said. “I think sometimes people don’t see the value in continuity, see the value of experience.”

One of the reasons why McDill excelled as an instructor was because of his tireless work ethic in the face of constantly evolving lesson plans, Evans said.

“People do not realize how difficult it is

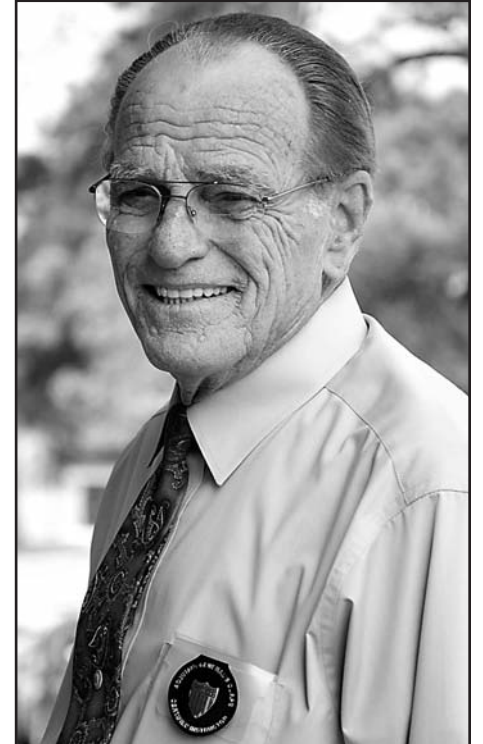


Photo by SUSANNE KAPPLER

McDill, an instructor with the 369th Adjutant Battalion, will retire at the end of the month after a half century of federal service.

to teach a subject that you never taught before — the amount of work, the amount of time you have to spend to get in front of a class of 28 or more students and present this material to a generation, four generations behind you,” Evans said.

McDill, 71, said he thinks his vast amount of experience helped him connect with Soldiers, regardless of the generational gap.

“Whatever problem they have as far as the Army is concerned, I can say I’ve been there,” he said.

Even though he is officially retiring, McDill said he is not quite ready to rest on his laurels yet.

“I’m going to get some kind of job a couple of days a week,” he said. “I don’t want to sit down. You have to keep a routine going.”

Susanne.Kappler1@us.army.mil

COMMUNITY SNAPSHOTS



Fully trained

Employees with Fort Jackson's Army Community Services recently earned certificates for education training they received from the Army Center for Enhanced Performance.

Courtesy Photo

AER campaign closes



Courtesy photo

Col. Kevin Shwedo, Fort Jackson deputy commander, addresses attendees during the Army Emergency Relief closing ceremony June 1. Post organizations were recognized for their AER campaign efforts.

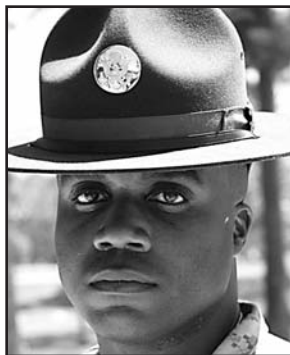
Hitting the right notes



Photo by CAPT. JOSE GONZALEZ, 157th Infantry Brigade

From left, Sgt. Stephen Hann and Staff Sgt. Michael Flory perform with the rest of Fort Jackson's 282nd Band brass quintet during a Military Appreciation Days event in Myrtle Beach May 29.

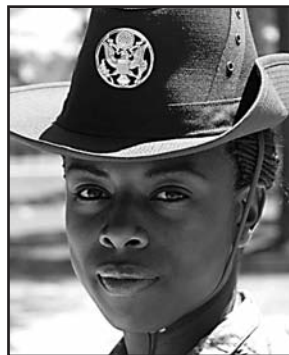
Drill Sergeant School honorees



BARBER



PARR



GARRETT

The drill sergeant leader of the cycle is Sgt. 1st Class Regnor Barber. This cycle's Drill Sergeant School honor graduates are Sgt. 1st Class Keven Parr (distinguished honor graduate) and Staff Sgt. Shanell Garrett (leadership and physical fitness awards).

Don't let a heat injury take you out of the fight



- Call 911 at the first sign of heat injury (including mental status change).
- Use ice sheets
- Give the Soldier sips of water
- Monitor him or her at all times.

Emergency numbers:

Cell phone users: 803-751-9111.

Alternate 1: Range control via radio.

Alternate 2: Range control at 751-7171/4732.

Alternate 3: MP desk at 751-3113/3114/3115.

Never leave the Soldier unattended!

911 & ICE:
At the first sign — every time.

Upcoming ceremonies

CHANGES OF COMMAND

- 3rd Battalion, 60th Infantry Regiment: Lt. Col. Alan Deogracias will relinquish command to Lt. Col. John Allen, 9 a.m., today, at the Officers' Club.
- 1st Battalion, 34th Infantry Regiment: Lt. Col. Daniel Beatty will relinquish command to Lt. Col. Quincy Norman, 9 a.m., June 9, at the Officers' Club.
- Moncrief Army Community Hospital: Col. Nancy Hughes will relinquish command to Col. Ramona Fiorey, 9 a.m., June 15, at MACH.
- USABCToE: Brig. Gen. Bradley May will relinquish command to Maj. Gen. James Milano, 9 a.m., June 16, at the Officers' Club.
- 193rd Infantry Brigade: Col. Brian Prosser will relinquish command to Col. Drew Meyerowich, 8 a.m., June 24, at the Officers' Club.
- Garrison: Col. Lillian Dixon will relinquish command to Col. James Love, 11 a.m., June 25, at Post Headquarters.
- 120th Adjutant General Battalion (Reception): Lt. Col. Michael Bineham will relinquish command to Lt. Col. Michael McTigue, 2 p.m., June 25, at the 120th Chapel.
- 171st Infantry Brigade: Col. Karl Reed will relinquish command to Col. George Donovan, 9 a.m., July 9, at the Officers' Club.
- Training Support Battalion: Lt. Col. Lawrence Anyanwu will relinquish command to Lt. Col. Sula Irish, 9 a.m., July 12, at Darby Field.

CHANGES OF RESPONSIBILITY

- 165th Infantry Brigade: Command Sgt. Maj. Sean Watson will relinquish responsibility to Command Sgt. Maj. Dwight Dooley, 9 a.m., Monday, at Darby Field.

If any of the information changes, please send updates for changes of command and changes of responsibility to FJLeader@conus.army.mil or call 751-7045. The *Leader* covers changes of command and responsibility for battalion-level or higher organizations.



June Promotions

Name	Rank	Name	Rank	Name	Rank
PHYSIOC, Wray B.	COL	JOHNSON, Tracy M.	SGM	ORSTED, Edward A.	SFC
STEVENS, Randy G.	COL	MONTGOMERY, Warren N.	SGM	PEACOCK, Desmond D.	SFC
CLARY, Stephen E.	LTC	ROBERSON, Demont A.	SGM	RENNO, Kristan D.	SFC
REID, David L.	LTC	BENAVIDES, Victor M.	MSG	SCHOONOVER, Jeffery S.	SFC
WILLIAMS, Melissa L.	LTC	CHAPMAN, Benjamin R.	MSG	WARD, Brian E.	SFC
BUSH, Jay W.	MAJ	CHAPPELLE, Charles A.	MSG	BETZ, Kenneth	SSG
CHANDLER, Jovitta	MAJ	GOMEZ, Antonio	MSG	BLACKMON, Algie	SSG
CURRYMATHIS, Jillyen E.	MAJ	GRANDIA, Marc R.	MSG	BRITT, Glen E.	SSG
ASTORGA, Ashley J.	CPT	LOCKLEAR, Horace	MSG	CROWDER, Jacob C.	SSG
BLUNT, Marcus A.	CPT	MORALES, Claudino	MSG	GRAY, Kristina M.	SSG
COOK, Candace M.	CPT	NOEL, David A.	MSG	MOODY, Christopher W.	SSG
FEEHAN, Stephen J.	CPT	OBERST, Ernest L.	MSG	NEWMYER, Bret A.	SSG
FOSTER, Kirk F.	CPT	ANSLEY, Christopher	SFC	PARKER, Dion R.	SSG
FRAZIER, Shannon R.	CPT	BEALS, Jeremy S.	SFC	RIGGINS, Maurice J.	SSG
GLASS, Russell W.	CPT	BRANCH, Tomekia L.	SFC	ROBERTSON, Courtney D.	SSG
HERNDON, Michael T.	CPT	BURBA, Kipton T.	SFC	SEIBERT, Matthew W.	SSG
LITTLE, Terez M.	CPT	CARSON, Deanna T.	SFC	STEWART, Devin E.	SSG
MERCHAN, Krystal A.	CPT	COMBS, Willette P.	SFC	STROUGH, Zeth R.	SGT
MOFFATT, Katherine E.	CPT	COPELAND, Cameron L.	SFC	BEARD, April N.	SGT
PAKILEATAGALLAHER, Sorepa	CPT	DELISI, Zachary D.	SFC	GHOLSTON, Jarmario J.	SGT
PULLIN, Monique M.	CPT	FLUKER, Sheila L.	SFC	JOHNSON, Tyresa J.	SGT
ROMERO, Raynaldo J.	CPT	GARCIA, John P.	SFC	LAWRENCE, Lashonda N.	SGT
SMITH, Rudolph S.	CPT	GIBSON, Maureen	SFC	LOPEZ, Jose P.	SGT
WILSON, James L.	CPT	KIRK, Dennis R.	SFC	MCCOY, John D.	SGT
AVILA, Joel	1LT	LEWIS, Kenneth L.	SFC	MULHERIN, William D.	SGT
FUENTES, Ivan	1LT	MARTINEZ, Pedro J.	SFC	SINGLETON, David T.	SGT
ROBERSON, Bersy P.	1LT	MITCHELL, Connie U.	SFC	WILLIAMS, Jimmy A.	SGT
SANDLAIN, Seontae J.	1LT	MOORE, Richard P.	SFC		
CHRISTIAN, Lamont	SGM	MURPHY, Bryan M.	SFC		

Retirement Review

From left, Sgt. 1st Class Deangelo Bivins, Command Sgt. Maj. Leon Green, Sgt. Maj. Marion Lemon, Sgt. 1st Class Runby Fletcher, Sgt. 1st Class Kerry Freeman, Sgt. 1st Class Craig Ivery and Sgt. 1st Class Joseph Castro were recognized in a Retirement Review ceremony May 26 at Post Headquarters.

Photo by
CRYSTAL LEWIS BROWN



Follow the *Fort Jackson Leader* on
Twitter at <http://twitter.com/FortJacksonPAO>.

Calendar

Today
Military Chaplains Association meeting
Noon, Fort Jackson Officers’ Club

Friday
Roaring ‘20s Party
6:30-10:30 p.m., Officers’ Club
Wear your best outfits from the ’20s, ’30s and ’40s. Call 782-8761 or 751-4096 for ticket information.

Saturday
Youth Fishing Derby
8-11 a.m., Semmes Lake
Open to children, through age 15. All children must be registered before fishing.

Friday, June 11
AG Corps Hall of Fame induction
9 a.m., Soldier Support Institute
The 2010 Adjutant General’s Corps Regimental Hall of Fame Induction Ceremony will be followed by the Hall of Honor Ribbon cutting. A reception in the Adjutant General School will immediately follow. RSVP by Tuesday, 751- 8300 or e-mail David.Ratliff@conus.army.mil.

AG Corps Ball
5:30 p.m., NCO Club
Visit www.agball2010 for information.

Saturday, June 12
5K Run/Walk and 10K Run
7 a.m., Hilton Field
The Victory Chapter Sergeants Major Association is sponsoring a 5K Run/Walk and 10K Run for the Army Birthday and Purple Heart Recipient Day. Games and activities for children and adults, including a mud volleyball tournament, will immediately follow.

Wednesday, June 23
Fun Frugal Fashion
4:30-5:30 p.m., Thrift Shop
Learn the secrets of upscale dressing on a budget. Seating is limited; be sure to RSVP. For more information, call 787-2153.

Housing events

All events are held in the Community Center, 520 Brown Ave., unless otherwise specified. Call 738-8275 for information.

Friday
National Doughnut Day
10 a.m., community center kitchen
Join in making homemade doughnuts.

Tuesday
Hero for Habitat
3 p.m.
Visit live animals and learn about their habitats. RSVP required by calling 738-8275 or e-mailing CoWilliams@bbcgrp.com.

Friday, June 11
Water Wars
3 p.m.
Join in a wild day of water wars. For children 7-14. Dress appropriately.

Wednesday, June 16
Father’s Day essay contest
Last day for children ages 5-17 to participate in the Father’s Day essay contest. The topic of the one-page essay is: “What makes your Dad the best Dad in the world?” Essays can be dropped off at the community center or e-mailed to CoWilliams@bbcgrp.com. The contest winner will be announced June 18.

Announcements

CYSS MOBILE REC
Child, Youth and School Services will sponsor a Mobile Rec program from June 14 to Aug. 6. The Mobile Rec, which consists of games, arts and crafts, is 9-11 a.m., Monday, Wednesday and Friday at the C.C. Pinckney Elementary School cafeteria and playground; and 9-11 a.m., Thursday at Patriot Park. Free lunch will be provided by post schools from 11 a.m. to 12:30 p.m. Mobile Rec will be closed July 5. Children 6 and younger must be accompanied by a parent.

THRIFT SHOP UPDATES
The Thrift Shop is now accepting clothes all month. Active duty Soldiers with PCS orders or who are retiring may consign items up to 90 days prior to their departure. Soldiers must have orders or a request for orders.
Donations may be left in the yellow donation box behind the Thrift Shop at any time. Look for the Thrift Shop on Facebook for more updates.

SCHOOL IMMUNIZATIONS
DoDEA has added a new immunization requirement for next school year. All students will be required to have proof of having received two doses of the Varicella (chickenpox) vaccine. Parents who are unsure whether their currently enrolled students have been given the vaccine can contact the school nurse at 782-1772. Check with the school nurse for those

vaccines required for enrolling students.

GOLDEN KNIGHTS APPLICATIONS
The U.S. Army Parachute Team, the Golden Knights, is accepting applications for the 2010 selection. Candidates must be active duty, have completed 100 free-fall parachute jumps and have a good military and civilian record. Applications are available at <http://www.usarec.army.mil/hq/goldenknights>. The application deadline is July 31. Selection begins Sept. 7.

TRANSITION CLASSES
Transition classes are geared toward any Soldier who deployed during OIF/OEF. The class meets 6-7:30 p.m., each Tuesday, in the Moncrief Army Community Hospital staff conference room. The class is geared toward helping Soldiers transition from life in the combat zone. Call 751-5911 for information.

HR FOR SUPERVISORS CLASS
A Human Resources for Supervisors class is scheduled from 8 a.m to 4:30 p.m., June 14-18, at the 81st Regional Support Command, 1525 Marion Ave. The course will cover NSPS, legal and regulatory requirements and the human resources process. Priority will be given to employees who have less than two years of experience supervising civilian employees. Civilian and military supervisors are eligible to attend. Apply at <https://www.atrrs.army.mil/channels/chrtas/>.

CPAC VIDEO TELECONFERENCE
The Fort Jackson Civilian Personnel Advisory Center will provide a video teleconference training June 22 for CSRS and FERS retirement classes for civil service employees planning retirement within the next three years. E-mail Janice.Garcia@us.army.mil to enroll.

SUMMER NUTRITION PROGRAM
Free summer meals will be offered to children younger than 18 from June 14 through July 16 at C.C. Pinckney Elementary School and the Brown Avenue Community Center.

PLAYHOUSE GIVEAWAY
Through June 24, PX shoppers have the opportunity to register to win a children’s playhouse valued at \$165. Shoppers can register in the store.

CIVILIAN TAX WITHHOLDING
Now is a good time for civilian employees to review their tax withholding information. Verify that deductions are being withheld for the correct state and lo-

cality taxes. Changes may be made via MyPay. Call 800-538-9043 for information.

Visit the community calendar at www.jackson.army.mil for a full listing of calendar events. The community calendar is located at the bottom of the Fort Jackson home page.

Off-post events

ARMY BIRTHDAY CONCERT
A 282nd Army Band concert in honor of the Army’s 235th Birthday is scheduled for 7 p.m., June 14, at First Baptist Church, 1306 Hampton St., Columbia. The concert will include a streamer ceremony and cake cutting. Free tickets are available at the Victory Travel office, First Baptist Church and various other local venues.

VETERANS HELPING VETERANS
A veteran event is scheduled for 9 a.m., Saturday, at Bluff Road Park, 138 Carswell Drive, Columbia. Topics include: disability benefits, homelessness, medical records, grief counseling and compensation. Call 776-8977.

MOVIES IN THE PARK
Movies in the Park is scheduled for June 18, July 16 and Aug. 20 at North Springs Park. The free event, organized by Awaken Church, is open to the public and features a free movie on a giant screen, free drinks and other refreshments. The event benefits the Harvest Hope Food Bank and A Home in Haiti. Take lawn chairs or blankets to sit on. Food donations, including canned food, are also being accepted. Gates to North Springs Park open at 7:30 p.m., and the movie begins at sunset.

Sports shorts

❑ An 8-on-8 mud volleyball tournament is scheduled for 10 a.m., June 12 at the Marion Street Park. All ID cardholders older than 18 are eligible to play. Call 751-3096 for more information.

❑ The Fort Jackson Golf Club is hosting a “Get Golf Ready” program throughout the spring and summer. Size is limited to 16 participants per class. Classes meet Tuesdays and Thursdays. Classes dates are: June 7, July 8 and Aug. 10. Call 787-4344 or visit www.playgolfamerica.com/ggr.

For information about on-post sports, call the Sports Office at 751-3096.

LEADER INFORMATION

- ❑ Article submissions are due two weeks before the scheduled publication. For example, an article for the June 17 *Leader* must be submitted by today.
- ❑ Announcements are due one week before the scheduled publication. For example, an announcement for the June 17 *Leader* must be submitted by June 10.

- ❑ Send all submissions to FJLeader@conus.army.mil.
- ❑ For questions regarding advertising or subscriptions, including classified ads, call (803) 432-6157 or (800) 698-3514. Classified ads can be faxed to (803) 432-7609, Attn: Leader classifieds or mailed to The Fort Jackson Leader, P.O. Box 1137, Camden, S.C. 29021.

- ❑ To submit a classified ad via e-mail, send it to skaress@ci-camden.com. Classified ads are free for service members who are selling personal items. Please limit the ad to 40 words.
- ❑ To subscribe to the *Leader*, mail the payment and the mailing address to:Camden Media Company ATTN: Leader Circulation, P.O. Box 1137, Camden, South Carolina 29020.

Programs puts claims just a click away

By **CAPT. PATRICK BARRETT**
Legal Assistance Office

The Personnel Claims Army Information Management System was launched in October. The program permits Soldiers and Army civilian employees to file personnel claims through the Internet, rather than requiring that claims be hand carried or mailed to the military claims office. Although paper copies of claims will still be accepted, the new program should make it easier to file claims for property loss.

Personnel claims allow Soldiers and Army civilian employees to be compensated for property loss and damage sustained during a move. Many Soldiers file personnel claims when their household goods are lost or damaged during shipment; these comprise the vast majority of personnel claims. Personnel claims may also be filed in other situations, such as when Soldiers sustain losses due to fire or flood at on-post quarters.

PCLAIMS can be accessed at www.jagcnet.army.mil. Click on the U.S. Army Claims Service link and then click on the PCLAIMS link. The PCLAIMS link describes the rules for filing personnel claims and allow you to fill out the required forms. Users must have an Army Knowledge Online account to use the program. Claimants without an AKO

account should contact the claims office at the Office of the Staff Judge Advocate, Building 9475 on Kershaw Road to file claims.

Those using PCLAIMS will be asked to list the lost or damaged property, the purchase dates and costs, and replacement or repair costs. This action is required whether the claim is filed by paper or electronically.

Basic supporting documents, such as a government bill of lading (for transportation-related claims), estimates of repairs and photos of damaged property can be scanned and added to the electronic claim. Documents can also be mailed or hand-carried to the claims office. The claims office will then add them to the claimant's claim file.

Once all the necessary information has been entered, the claimant will be asked to verify and submit his or her claim. It will be electronically sent to the claims office which will adjudicate the claim and arrange for payment, as appropriate. The claimant will also be asked to provide an e-mail or telephone number. Providing accurate contact information is critical. If claimants who cannot be contacted, payments could be delayed.

PCLAIMS should not be confused with the Full Replacement Value program, the system applicable to household goods and other transportation-related claims, or the Defense Personnel Property Program, a computerized trans-

portation program applicable to many household good shipments. Under FRV and DP3, Soldiers and Army civilian employees are encouraged to file transportation-related claims directly against the carrier responsible for the loss. Claimants only have nine months to file such claims. In return they are paid the full replacement value for their destroyed property.

PCLAIMS cannot be used to file claims against carriers; it can only be used for personnel claims filed against the government. If, however, claimants are dissatisfied with carrier offers to settle claims under the FRV or DP3 programs, they may reject the offers and file their claims against the government. Such claimants can use PCLAIMS to file these new claims, but should contact the Fort Jackson claims office before doing so.

There is no interface between DP3 (which also involves electronic claims filing) and PCLAIMS, so it is important to contact the claims office for specific guidance on how to transfer these claims from a carrier to the military.

PCLAIMS is designed to give Soldiers and Army civilian employees more options for filing personnel claims. Comments on the new program should be forwarded to the U.S. Army Claims Service at 4411 Llewellyn Ave., Fort Meade, Md. 20755, or by e-mailing USARCSFRV-claims@conus.army.mil.

FIRST RESPONDER

The following are incidents compiled from reports, complaints or information received from the Fort Jackson Provost Marshal Office.

The incidents reflected are not an adjudication attesting to the guilt or innocence of any person and are provided for informational and reflective purposes only.

Col. Ronald F. Taylor
Director,
Emergency Services/Provost Marshal
Sgt. Maj. Glen W. Wellman III
Provost Sergeant Major
Billy Forrester
Fire Chief

CASES OF THE WEEK

□ A civilian was denied access after attempting to enter the post with weapons in his vehicle, Military Police said. The civilian's vehicle contained a handgun, rifle and shotgun, MPs said.



□ A Soldier driving at the intersection of Pickett and Early streets was ticketed for driving his vehicle in a physical training zone, MPs said. Vehicles are prohibited from entering PT zones from 5:30-7 a.m.

crimestoppers
1-888-559-TIPS
www.midlandcrimestoppers.com

FORCE PROTECTION THOUGHT OF THE WEEK

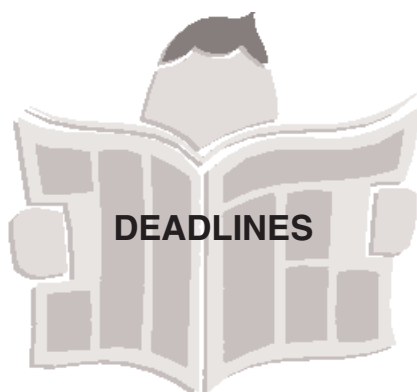
10 KEY INDICATORS OF POTENTIAL TERRORIST ASSOCIATED INSIDER THREATS



#1. Advocating violence, the threat of violence, or use of force to achieve goals that are political, religious or ideological in nature.



Missed an issue of the paper?
Catch up on your Fort Jackson news with Victory Updates at
<http://www.vimeo.com/user3022628>



Article submissions are due two weeks before publication. For example, an article for the June 17 *Leader* must be submitted by today.

Announcements are due one week before

publication. For example, an announcement for the June 17 *Leader* must be submitted by June 10.

E-mail articles and announcements to FJLeader@conus.army.mil.



Friday night's crowd, which numbered more than 700 for the 7 p.m. show, is full of children and parents with outstretched arms as they attempt to get a handshake or hug from their favorite Sesame Street characters.



Leanna Singleton, 2, is all smiles as she greets Grover during the Sesame Street show Friday night.

‘Come and play’

USO brings Sesame Street show to post

By CRYSTAL LEWIS BROWN
Fort Jackson Leader

Approximately 40 minutes before the 7 p.m. showtime, Sgt. 1st Class Edwin Maldonado, with the Columbia Recruiting Battalion, sat in the Solomon Center with his wife, Amanda, and son, Eric.

And though little was known about the content of the show, 3-year-old Eric did not hesitate to say whom he had come to see — Elmo.

Eric and his family were among the more than 700 children and adults who attended one of two free Sesame Street live shows, brought to post as part of a partnership between Sesame Street and the USO. More than 800 people attended the 4 p.m. show.

Lonnie Cooper, USO tour manager, said the partnership began in 2006 with a DVD titled, “Talk, Listen, Connect,” which is aimed at teaching military children how to deal with deployments, homecomings and grief.

“It was so successful, they wanted to expand its reach,” Cooper said. “While this is entertaining, there’s also a message behind it. The kids get the message (that deployments are) a part of life; it’s OK for Mommy or Daddy

to go away for a while.”

That expansion included a traveling show, which began in 2008 with a 40-installation tour, Cooper said. This is the first time the show has come to Fort Jackson.

Despite the holiday weekend, all of the show’s 1,500 tickets were distributed. Cooper said he was not surprised.

“This is a great way to start off the weekend,” he said. Plus, he added, “Elmo comes to town and people go crazy.”

Edwin Maldonado said he was pleased to see that the USO was hosting a show at Fort Jackson, something he said he has not seen during the nine years he has spent here intermittently.

“(Fort Jackson) is one of the biggest TRADOC installations so to have USO ... here is great,” he said.

His wife said she was surprised that the tickets, which were distributed at the Solomon Center and various CYSS locations on post, were snapped up so quickly.

“I was very shocked that they were ... out,” Amanda Maldonado said.

Cindy Andre-Noel, with Child, Youth and School Services, said she was pleased with the turnout.

“A lot of times we miss out on

things because they’re too far away,” she said. “To have (the show) come to us on our turf ... I think it is a great opportunity to experience some of the things (families) might ordinarily miss.”

Cooper said providing such family-friendly shows is all a part of the USO’s mission.

“The most important thing; it needs to be something free (and) it needs to be something that’s open to military (families),” he said.

In addition to those families who attended the show, CYSS also provided transportation to those children who were using the CYSS extended-care services.

“If you’re a (cadre member) who is working and can’t bring your child, we’re bringing them,” she said.

The night of the show, attendees sat on the floor, in chairs and in bleachers, with adults and children alike dancing in the aisles.

Master Sgt. Chris Foster, a National Guardsman, sat alongside three of his grandchildren during the show.

“I think it’s pretty good to do something for the kids,” he said. “It’s just something for the whole family.”

Crystal.Y.Brown@us.army.mil



From left, Cookie Monster, Grover, Elmo, Rosita and Zoe prepare for the show’s final number.



Photos by CRYSTAL LEWIS BROWN

Crowd favorite, Elmo, sings about making music during a solo number.

Catch fish, make memories at post youth fishing derby

My first fishing experience was on a camping family vacation in Hendersonville, N.C. The campground had a huge lake with canoes and paddle boats, inner tubes and a dock for diving, and a grassy bank for — ugh — fishing.

My dad was very excited as he got his tackle box ready and he grabbed a rod and a cane pole. “Come on,” he said. I looked behind me. Surely he couldn’t have been talking to me, queen of the baby dolls, tea parties and all things Barbie. There was no one behind me. This was not good. Evidently, I was expected to go fishing.

Since this was a time period in which children were expected to obey parents without question, I went. We sat on a small dock with our poles in hand. I’m sure it was 9,000 degrees and the dock was burning through my shorts. No wonder my dad had brought a folding chair — for himself. And there were gnats, nasty little annoying creatures that were trying to dive bomb my eyes.

Not to mention, yucky green grasshoppers hopping in the tall grass and worst of all, I started — gasp — sweating! My dad had a can filled with worms and he told me to put one on my hook. I had never touched a worm in my life and now he expected me to impale one. I politely declined and my dad laughed. He took the hook from me, and I watched as he put the disgusting, slimy wiggly thing on the hook. Ugh!

He showed me how to throw my line out in the water and told me to watch the red and white bobber. I had no idea why,; it really didn’t look all that interesting to me. However, I was an obedient child, so I waited, and waited, and waited. I could feel the sun burning my arms and the back of my neck. I thought about sneaking away or maybe accidentally falling into the deep water and pretending to drown. The content look on my father’s face stopped me.

Suddenly, it happened. My bobber bobbed. It went up, down, then all the way down.

“What do I do? What do I do?” I screamed to my dad. “Pull it in,” he replied. This was easier said than done. I

Army Family Covenant

By BEVERLY METCALFE
Family and Morale, Welfare and Recreation

stood up and fell backward, but I never let go of my pole. I pulled as hard as I could and finally, amazingly, a fish appeared. My dad helped me pull it from the water. It was huge, gigantic. My dad measured it with his ruler; 9 inches long. It was the happiest day of my 8-year-old life. We took it back to my mom who cooked it for supper that night. And I thought fish only came in sticks.

I had many experiences with my dad, but to this day, the thing I remember most was the look on my dad’s face that hot July day, how happy and proud he looked when I pulled that fish from the water.

Fort Jackson parents now have an opportunity to create memories with their own children, courtesy of the Family and MWR Outdoor Recreation Division and the Child, Youth and School Services EDGE! program. A youth fishing derby is scheduled for 8-11 a.m., Saturday at Semmes Lake, next to Marion Street Station. The derby is open to all youth

with post access. All youth must be registered prior to fishing.

Youth do not need to fish for the entire duration of the derby, but they must be present to be recognized at the conclusion of the derby. Prizes will be awarded in each of the three age brackets: 9 and younger, 10 to 12, and 13 to 15. This is a youth-only fishing derby, but parents are encouraged to help and support their children. Youth will be allowed to keep the fish they catch.

Marion Street Station will open at 7 a.m. to allow the purchase of bait, tackle and other supplies. Registration begins at 7:30 a.m.

For more information, call Brent Bookman with Outdoor Recreation at 751-0892.



Current EDGE! classes

❑ **Flower Power** — 5-6:30 p.m., starting Monday. Joe E. Mann kitchen, 3392 Magruder Ave. Use seasonal flowers and learn to arrange them into beautiful bouquets. For ages 11-18.

❑ **Inner Tube Water Polo** — 3-5 p.m., starting Tuesday, Legion Pool. Learn to play water polo in an inner tube. For ages 9-15.

❑ **Lights! Camera! Action!** — 4-6 p.m., Tuesdays, Wednesday and Thursdays, starting Tuesday, 5955-D Parker Lane. Learn the tricks of the filmmaking trade, including writing your own screenplay, filming, editing, adding music, and the final product — your own movie. For ages 11-18.

❑ **High Adventure** — 1-4 p.m., starting Wednesday. Meet at 5955-D Parker Lane for transportation to various locations. Rock climb, zip line, paint ball and ropes course your way through EDGE! High Adventure. For ages 10-18.

❑ **Twilight Eclipse** — 3:30-5 p.m., starting Wednesday, Balfour Beatty Community Center. Play Twilight trivia, make cool Twilight jewelry and T-shirts and wrap up with going to see the new Twilight movie “Eclipse.” For ages 11-16.

❑ **DIY Room Makeover** — 2-4 p.m., Fridays, starting June 11, 5955-D Parker Lane. Use inexpensive materials to make great accessories to give your room a new look. For ages 9-16.

The EDGE! offers free classes as part of the Army Middle School and Teen Initiative for those older than 10 years old. For children 9-10 years old, classes are \$5 per hour. Register online at <https://webtrac.mwr.army.mil>. Become a fan of the Fort Jackson EDGE program on Facebook. For more information, call Beverly Metcalfe at 751-3053.

FMWR calendar

THURSDAY

- ❑ Visit Century Lanes for food, fun and bowling.
- ❑ Magruder’s Pub and Club is open for lunch.
- ❑ Victory Bingo, 2-11 p.m.
- ❑ Sleepy story time, 6:30-7 p.m., post library. Come in your PJs, and go home ready for bed.

FRIDAY

- ❑ Visit the Officers’ Club, 11 a.m. to 1:30 p.m. for the Blue Plate Specials.
- ❑ Victory Bingo, starts 2 p.m.
- ❑ Artistic Expressions with Jake, 6:30 p.m., Teen Room at the Youth Services Center.
- ❑ Dance to a variety of music provided by DJ Randall at Magruder’s Club, 9 p.m. to 3 a.m. Magruder’s Club is located in the back of Magruder’s Pub. Cover charge is \$5 for civilians and \$3 for military. Be early for happy hour, 4:30-7 p.m. Appetizers are available, while supplies last.
- ❑ Classic Soul line dancing lessons, 7-10:30 p.m., NCO Club. Admission is \$10 and includes finger foods (while supplies last) and drinks. Admission is free after 10:30 p.m., but does not include lessons. Doors open at 7 p.m. Call 781-2218 for information.

SATURDAY

- ❑ Step Team practice, 2 p.m., dance room at the Youth Services Center.
- ❑ Victory Bingo, starts 1 p.m.
- ❑ Classic Soul Saturday, 9:30 p.m. to 2 a.m., Excalibur Room at the NCO Club. Cover charge is \$5 for civilians and \$3 for military.
- ❑ Buy one wing, get one free at Magruder’s Club and Pub.

SUNDAY

- ❑ Victory Bingo, starts 10 a.m.
- ❑ Visit the Officers’ Club, 11 a.m.-1:30 p.m. for Sunday brunch. Coat and tie are not required. Call 751-4906 or 782-8761 for reservations.

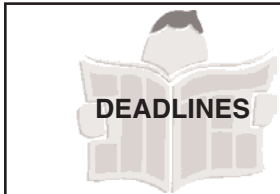
WEDNESDAY

- ❑ Visit the Officers’ Club, 11 a.m. to 1:30 p.m. for Mongolian BBQ buffet.
- ❑ Get your party on at the NCO Club, 8 p.m. Cost is \$5 for military, \$7 for civilians. New DJs.
- ❑ Karaoke night with Tom Marable, Magruder’s Pub. Cost is \$3 for military, \$5 for civilians.
- ❑ Victory Readers Club, 6-8 p.m., Post Library
- ❑ Magruder’s Pub and Club happy hour, 4:30-7 p.m.

For a complete calendar of FMWR events, visit www.fortjacksonmwr.com.

ONGOING OFFERS

- ❑ The NCO Club breakfast is served 6-9 a.m., Monday through Friday. The cost is \$7 for adults and \$3.75 for children 4-10 years old.
- ❑ The Officers’ Club is open for lunch Tuesday-Friday, 11 a.m. to 1:30 p.m. Lunch is open to everyone.
- ❑ Child, Youth and School Services provides free child care and youth programming on Saturday for active-duty parents who must work as a mission requirement, including parents who are in the National Guard or Reserve during battle training assembly. Programming is available to other parents at an hourly or daily rate.



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Interval training helps prevent injuries

By VINCE MCNULTY

U.S. Army Public Health Command (Provisional)

Interval training is an excellent way to train the cardiovascular energy systems of the body that are required for performance of military duties, while minimizing mileage wear-and-tear on the lower extremities.

Too much distance running has been shown to increase injuries without significantly increasing fitness levels. Distance running also is less fundamental to physical tasks Soldiers actually do.

Interval training guidelines for running are described below, but the same type of ratios can be applied to activities such as cycling and swimming. Interval running is performed with multiple bouts of all-out (high intensity) running interspersed with periods of recovery. High-intensity activities include sprints, shuttle runs, and hill/stair running.

Intervals are performed by adhering to a work-to-recovery ratio of 1:3 or 1:2. For example, a work-to-recovery ratio of 1:3 would be a sprint of 10 seconds

followed by a relative relief period (walk or slow jog) of 30 seconds. Intervals can be intensified as fitness improves (for example, 15:45 and 20:60). A 1:2 work to recovery ratio would be a sprint for 10 seconds followed by a relative relief period of 20 seconds (progressively 15:30, 20:40 and 30:60).

Interval sets could start around five and progress to a maximum of 10 by adding no more than one set every two weeks.

Shuttle runs (running back and forth between two fixed distance lines) or repeated runs up and down a hill or stairs are other forms of interval running that can be conducted in similar ratios to those described above. Interval running can be conducted individually as well as in ability groups.

One of the best aspects of interval training is that a great workout can be performed in a limited timeframe. A good idea is to replace long-distance endurance running with shorter-interval running two of three running days.

Distance running greater than 30 minutes has been shown to increase the risk of injury, so replacing most of a program's distance running with intervals should reduce the number of overuse injuries.

Besides preventing injuries, interval training adds much-needed variety and intensity as well as more functional speed and agility training to a program. Adding more speed and agility training to a physical training program is vital because Soldiers face the occupational need to run quickly over short distances much more often than the need to jog slowly over long distance.

Below is the Tabata protocol (an aerobic cardio workout method developed by Izumi Tabata) for high intensity interval training:

- ☐ Warm up-jog at 50 percent for 5 minutes
- ☐ 6 x (sprint for 20 seconds plus 10 seconds rest)
- ☐ 1 minute rest
- ☐ 6 x (sprint for 20 seconds + 10 seconds rest)
- ☐ 1 minute rest
- ☐ 6 x (sprint for 20 seconds + 10 seconds rest)
- ☐ 1 minute rest
- ☐ Cool down-jog at 50 percent for 5 minutes

Editor's note: Vince McNulty is a physical therapy staff officer with the U.S. Army Public Health Command (Provisional).

Site keeps Soldiers TRICARE smart

Website offers Guardsmen, Reservists online options

From TRICARE Management Activity

The TRICARE SMART — Standardized Materials and Research Technology — website is a one-stop, online information portal full of accurate, up-to-date information about TRICARE benefits that members and their families can easily access in the comfort of their homes. View the website at www.tricare.mil/smart.

By using the TRICARE SMART website, National Guard and Reserve members can stay informed about the latest TRICARE programs created just for them and their families. These programs include TRICARE Reserve Select, as well as benefits that are only available while serving on active duty.

The "TRICARE Choices Guide," which can be found under "handbooks" on the website, makes it easy for a

guardsman or Reserve member to make informed decisions about programs such as TRICARE Prime and Standard for his or her family. For easy navigation, all publications on the website are organized by regions and publication type and there is a search feature. Publications are also printer-friendly.

A guardsman or Reserve member can go one step further and subscribe to TRICARE alerts to receive updates on new benefits and programs. Subscribing to TRICARE e-alerts is easy. Visit www.tricare.mil/subscriptions, enter an e-mail address and choose a beneficiary category and topics or TRICARE products of interest. Subscribers can receive, via e-mail, the latest benefit updates, the "TRICARE Beneficiary Bulletin" weekly podcast, as well as TRICARE news releases.

National Guard and Reserve members are encouraged to stay informed about TRICARE benefits during activation and deactivation periods. The TRICARE SMART website and e-mail updates are easy ways to do just that. For more information on TRICARE SMART, visit www.tricare.mil/SMART.

MACH updates

DFAC UPDATE

Renovations at the MACH dining facility are ongoing. Staff and visitors can eat and be served in the dining area. The DFAC is located on the fourth floor.

MACH PATIENT ENROLLMENT

While MACH is currently unable to enroll adult active duty family members, there are open pediatric TRICARE Prime enrollment spaces for active duty families. Other family members may choose from a list of primary care managers who are in the TRICARE Prime civilian network.

OUTPROCESSING PROCEDURES

Soldiers must clear the Department of Behavioral Health, Army Substance Abuse Program, Social Work Services prior to leaving the installation. Outprocessing includes a review of medical records and provides an opportunity for the Soldier to receive behavioral health care at his or her gaining installation.

Outprocessing hours are 2-3:30 p.m., Monday through Friday at MACH Room 10-71 or 10-103. For more information, call 751-2235.

ORTHOPEDIC CLINIC

The MACH Orthopedic Clinic is currently scheduling only active-duty Soldiers for follow-up appointments. For assistance obtaining orthopedic care, call the referral center at 751-2363.

SOCIAL MEDIA

Follow MACH on Twitter at www.twitter.com/machcsd to receive announcements for same-day appointments.

Become a MACH "fan" by logging into Facebook and searching "Moncrief Army Community Hospital." The Facebook page provides appointment updates and more.

TRICARE ONLINE

TRICARE Online is an interactive site that offers Moncrief-enrolled TRICARE Prime beneficiaries the ability to book appointments with their primary care managers and receive information on MACH clinics and services.

TOL also offers a medication interaction checker, general health and wellness resources, and separate games and health information for children.

Visit www.tricare.mil for information.



Follow the Fort Jackson Leader on
Twitter at <http://twitter.com/FortJacksonPAO>



Fan us on
Facebook at
<http://www.facebook.com/pages/Columbia-SC/Fort-Jackson-Leader/115560926584>

Wedded bliss takes lifelong learning

By **CHAPLAIN (LT. COL.) WILLIAM BAREFIELD**
193rd Infantry Brigade

Cupid is not stupid, he is just a little nearsighted. “Chaplain,” you might ask, “what does not being able to see far away have to do with marriage (love)?” When you first saw Esmeralda the Great, did you dream of buying her toilet paper and toothpaste for the rest of her life? Was she was so beautiful you immediately thought of paying her car insurance so that she could drive your car, get into an accident and not be afraid of the consequences. I don’t think so.

When we see our potential spouses for the first time, our hearts are pounding, our hands are sweaty, the birds and bees and the honeysuckle trees are in full bloom. We see about as far as the honeymoon. Children, illness, gray hair and matching rocking chairs may come down the road. Yet you are willing to bond yourself to her with the words of the preacher and the blessing of the church.

At 18, I did not understand what I was getting myself into. My hormones were raging, my eyes crossed, my palms were clammy and I was in love. My wife and I often get asked, “What is the secret to your successful marriage?” It is not because we had it all together at age 18. I

believe it is because we both learned to be lifelong learners. Cupid is not stupid — he is not blind either.

To get a driver’s license, states require everyone to take a class and pass a written and practical application test. Driving a car is a responsibility that, if done incorrectly, can hurt you and others. How much more is marriage a responsibility in which you and others can get hurt? My suggestion is that you need continued education for your marriage and I recommend the following available in this area:

- Pamphlets available at your chaplain’s office
- Marriage retreats
- Counseling; not as crisis intervention but as a tool to strengthen the five major areas: communication, sex, finances, relatives and religion.

You think you have chosen a spouse wisely, yet you need to educate yourself. You need to go to your local church, synagogue or place of spiritual renewal and learn how to be a better spouse.

Taking classes will teach you that confrontations are normal. As newlyweds, my wife and I had them. I would tell her my point of view, loudly and forcefully. Celinda would start crying and say, “You’re yelling at me.” I would increase the volume and reply back, “I’m NOT yelling,

I’m emphasizing my point.”

Yet, the truth was, I was yelling. We have learned to communicate more effectively and accept our differences better. Such behavior will arise out of any relationship because no two minds think alike. If our two minds did think exactly alike, there would be no use for one of them.

A relationship needs to grow from your differences, not for two people to become exactly alike. Counseling can help you get a different perspective. See your unit chaplain.

Check out the latest programs offered by the chaplain’s office. Invest in your partner. Sometimes it is not about what you are getting out of the relationship, but what naturally occurs when you are giving in to the wants and needs of your partner.

The fresh strawberries that are currently in season did not show up by magic. It takes fertilizer, water, sunlight, and a little conversation on the part of the farmer for you to have the privilege of enjoying that product. Just like a good fruit tree, a marriage needs to be cared for on a regular basis. Don’t expect the fruit without the labor.

Cupid isn’t stupid. He’s not blind either. He’s just a little nearsighted. So, don’t let short-sighted needs and actions destroy the big picture of your marriage.



PROTESTANT

- Sunday
 - 9 a.m. and 10:30 a.m. Magruder Chapel
 - 9 a.m. Daniel Circle Chapel (Gospel) service at the Post Theater
 - 9 a.m. Task Force Marshall Chapel, McCrady Training Center
 - 9:30 a.m. Main Post Chapel
 - 9:30 a.m. Solomon Center (Hispanic)
 - 9:40 a.m. Moncrief Army Community Hospital
 - 10:45 a.m. Post-wide Sunday School (Main Post Chapel)
 - 11 a.m. Memorial Chapel
 - 11 a.m. Chapel Next, Bayonet Chapel
- Wednesday
 - 6 p.m. Prayer Service Magruder Chapel

Protestant Bible Study

- Monday
 - 7 p.m. Women’s Bible Study (PWOC — Main

- Post Chapel, Class 209)
- Wednesday
 - 7 p.m. Anderson Street Chapel
 - 7 p.m. Gospel Mid-week prayer/Bible study Magruder Chapel
 - 7 p.m. Gospel Congregation’s Youth (Magruder Chapel)
- Thursday
 - 9:30 a.m.-noon Women’s Bible Study (PWOC, Main Post Chapel)
 - 6 p.m. Neighborhood CMF/OCF Bible Study (Call 790-4699)
 - 7 p.m. LDS Bible Study (Anderson Chapel)
- Saturday
 - 8 a.m. Men’s Prayer Breakfast (Main Post Chapel, (every second Saturday of the month in Chapel Fellowship Hall)

PROTESTANT YOUTH OF THE CHAPEL

- Saturday
 - 11 a.m. Magruder Chapel (third Saturday)
- Sunday
 - 5 p.m. Main Post Chapel

CATHOLIC

- Monday-Thursday
 - 11:30 a.m. Mass (Main Post Chapel)
- Sunday
 - 8 a.m. Mass (Solomon Center)
 - 11 a.m. Mass (Main Post Chapel)
 - 9:30 a.m. CCD (Education Center)

- 9:30 a.m. Adult Sunday School
- 12:30 a.m. Catholic Youth Ministry
- 8 p.m. Task Force Marshall Chapel, McCrady Training Center
- Wednesday
 - 7 p.m. Rosary
 - 7:30 p.m. RCIA/Adult Inquiry

ANGLICAN/LITURGICAL

- Sunday
 - 8 a.m. Anderson Street Chapel

ISLAMIC

- Sunday
 - 8-10 a.m. Islamic Studies (Main Post Chapel)
- Friday
 - 12:30-1:45 p.m. Jumah Services (Main Post Chapel)

JEWISH

- Sunday
 - 9:30-10:30 a.m. Memorial Chapel
 - 10:30-11:30 a.m. Jewish Book Study (Post Conference Room)

CHURCH OF CHRIST

- Sunday

11:30 a.m. Anderson Street Chapel

LATTER DAY SAINTS

- Sunday
 - 9:30 a.m. Anderson Street Chapel

ADDRESSES, PHONE NUMBERS

- Daniel Circle Chapel**
3359 Daniel Circle, corner of Jackson Boulevard, 751-4478
- Main Post Chapel**
4580 Strom Thurmond Blvd., corner of Scales Avenue, 751-6469
- Bayonet Chapel**
9476 Kemper St., 751-4542
- Family Life Chaplain**
4850 Strom Thurmond Blvd. (inside of Main Post Chapel), 751-5780
- Anderson Street Chapel**
2335 Anderson St., corner of Jackson Boulevard, 751-7032
- Education Center**
4581 Scales Ave.
- Magruder Chapel**
4360 Magruder Ave., 751-3883
- 120th Rec. Bn. Chapel**
1895 Washington St., 751-5086
- Memorial Chapel**
4470 Jackson Blvd., 751-7324
- Chaplain School**
10100 Lee Road, 751-8050

Sober drivers key in summer safety

By **SANDRA BARNES**
Army Substance Abuse Program

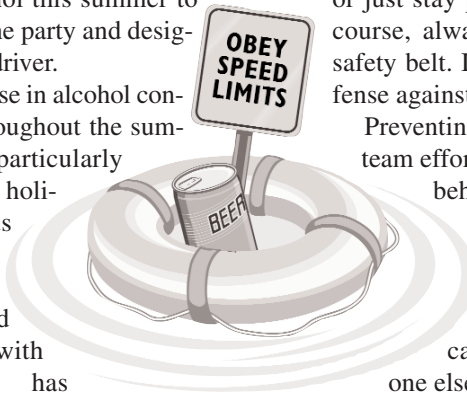
Summer is in the air. Schools will be out soon, pools will be open and the Fort Jackson community will be looking for fun ways to cool down as summer temperatures rise. As Soldiers and family members head to the beach, pool, lake, ballpark, barbecue or picnic, the Fort Jackson Army Substance Abuse Program encourages them to keep safety in mind.

According to the National Highway Traffic Safety Administration, the most important element of any summer party is a sober driver.

The summer represents one of the most dangerous and deadly times of the year on the nation's roadways because a significant increase in the number of alcohol-related traffic crashes and fatalities. That's

why the ASAP office wants to aggressively remind anyone planning on consuming alcohol this summer to plan before the party and designate a sober driver.

The increase in alcohol consumption throughout the summer, and particularly around major holiday weekends beginning with Memorial Day and ending with Labor Day, has made the summer a very grim time for law enforcement, emergency medical staff, highway safety officials and the friends and families of alcohol-related crash victims. Those who become impaired by alcohol, should ask a sober friend for a ride



home, use mass transit, call a cab, ask friends or family members to pick them up or just stay put and sleep it off. And, of course, always remember to wear your safety belt. It is still your single best defense against death or injury in a crash.

Preventing alcohol-related crashes is a team effort. When impaired drivers get behind the wheel, they put their lives and the lives of all their fellow motorists at risk. Driving impaired is simply not worth any of the pain it can cause the driver or someone else.

Editor's note: *The source for this article was the National Highway Traffic Safety Administration. For more information on the National Highway Traffic Safety Administration visit the website www.nhtsa.dot.gov.*

ASAP calendar

☐ Unit Prevention Leader training, June 21-25, 7:30 a.m. to 4:30 p.m., 3250 Sumter Ave.

This is required training for newly assigned unit prevention leaders and includes training on drugs and alcohol, biochemical testing and substance abuse prevention. Seating is limited, so get the request forms in early.

☐ The Army Substance Abuse Program provides prevention/education to the community on topics pertaining to alcohol and other drug usage. The Army Substance Abuse Program maintains a wide selection of pamphlets and videos that can be used to get a better understanding of the dynamics of substance abuse and use. The staff of the ASAP is available to give presentations on alcohol and drug abuse upon request. For more information, call 751-5007.

Post team hits the ground running

Track team members to compete Saturday in statewide meet

By **SUSANNE KAPPLER**
Fort Jackson Leader

Two Fort Jackson youth athletes will compete Saturday at a statewide track meet in Charleston for the opportunity to participate in the Hershey's Track and Field Games in Hershey, Pa. in August.

The athletes, Christopher Logsdon, 13, and Baylee Dunnick, 13, are members of the Child, Youth and School Services track team, which is open to children 9-14 years old.

This year, the team consists of 16 athletes, said Kenneth Covington, the volunteer coach. To qualify for the state meet, athletes had to compete in local and district meets earlier in the season. Covington said the bar will be even higher in Charleston.

"In order to qualify for Hershey's, you have to finish in the top two at the beginning of the meet." "It's a big event. The kids love it because they get to see other kids from other places compete against them."

Covington emphasized that even though he is proud to have two of his team members qualify for the state meet, the values he wants to teach the children on his team transcend winning and losing.

"I always teach them — and it's always the same in any sport — that not only do you have to commit to do something, but you have to see it through," he said. "You have to have discipline, regardless if it's school or (sports). You have to stay focused. You have to give it 100 percent, whatever you're doing."

Christy Townsend, Christopher's mother, said she encourages her son to be involved in sports. Besides running track, Christopher also plays basketball, baseball and soccer.

"It's a good way to get kids involved in the community," she said. "He's met so many kids now at other schools. He's going to a different middle school next year, and he's met some kids from there."

At the Charleston meet, Christopher will compete in the 800-meter and 1-mile races and in the softball throw. It will be his second competition at the state level, but this year, he said he has a special incentive to perform well.

"My grandparents are coming down from Indiana," he said. "I'm hoping to do good for them."

Baylee, who will compete in the 1-mile race, said she hopes to improve on last year's meet, where she placed third.

"This year I'm hoping to get my time down and make



Courtesy photos

From left, Fort Jackson track team members Baylee Dunnick and Christopher Logsdon, both 13, are vying for a spot in the Hershey's Track and Field Games during a statewide meet Saturday.



Courtesy photo

The Fort Jackson youth track team, pictured here with Henry Noble, assistant coach, far left, and Kenneth Covington, coach, far right, consists of 16 athletes, whose ages range from 9 to 14.

it to second or first place," she said.

Covington said he is most looking forward to his athletes having a good time at the event.

"My expectation doesn't matter," he said. "I just want them to experience it and say, 'I had fun and enjoyed it.'"

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